

## PT Enhancement Program Session: PT Training for Younger and Older Soldiers



**Pushing Yourself to Succeed!**

### Younger Soldiers

The benefits that most younger soldiers enjoy are bodies that can:

- Recover well
- Improve quickly
- Better withstand tough/stressful environments

Problems that many younger soldiers suffer are:

- Lack of physical fitness experience/knowledge
- Motivation to continue to improve
- An understanding of one's physical limits and how to properly go beyond them

Younger soldiers who are not used to and do not fully understand all the components of physical fitness need added training and guidance to bring them up to speed so as to make them physically fit and healthy so as to avoid injury and continue to be productive for the rest of their military career and beyond. Consistency and progressive improvement are the keys to success.

### Older Soldiers

"People undergo many changes as they grow older. For example, the amount of blood the heart can pump per beat and per minute decreases during maximal exercise, as does the maximum heart rate. This lowers a person's physical ability, and performance suffers. Also, the percent of body weight composed of fat generally increases, while total muscle mass decreases. The result is that muscular strength and endurance, CR endurance, and body composition suffer. A decrease in flexibility also occurs." FM 21-20

"...when provided with adequate training stimuli, older individuals show similar or even greater strength gains than younger individuals."

"...effects of resistance training can counteract typical age-related declines in bone health by maintaining or increasing bone mineral density..."

Older soldiers who consistently conduct PT and maintain a healthy lifestyle will maintain a low percentage of body fat and high levels of muscularity, flexibility and overall fitness.